



# SMALL GROUP



## CATCHING UP

- Has anything new or exciting happened in your life since the last time we gathered?
- What was one blessing you experienced this week?
- What was one trial you experienced this week?

## WEEKEND RECAP

- What was one takeaway from this weekend's message that stuck out to you?
- Have you had an opportunity to apply the lesson from Sunday over the last few days?

## VIDEO THOUGHTS

- How does the author of Genesis conclude each of the seven days of creation? Consider the seventh day of creation as the ultimate rest day. What do you think it would be like to always live in that rest with God?

- Read Genesis 3: 1-7; 21-24. What were the humans tempted to believe about God and themselves? How did they act on these beliefs, and how did this choice exile them from the place of rest? How do you think lies about God and ourselves prevent us from resting with God today?
- God wants to restore humanity to ultimate rest, so he chooses the Israelites to reenact his seventh day rest, so they can share it with others. Of all the ways he invites them to practice rest (Exodus 20: 8-11, Lev.23:1-3, Lev. 25 8-13) which practice are you least familiar with today?
- Jesus comes to restore us to God's eternal rest. How does Jesus launch his public ministry? Read Luke 4: 14-21, noting that the year of favor refers to the ultimate Jubilee – Israel's supercharged Sabbath (see Lev. 25) What do you observe?
- What is one specific way Jesus invites us to receive and practice true rest (e.g. Matthew 11: 28-29)?

## CONCLUSION

- What are some things we can be doing for each other in this upcoming week - prayer requests or actual things?